

FORMER

fat guy.com

- One glucose molecule creates 3 ATP

- From: stress, excess work, exercise

- One glucose molecule creates 34 ATP

- From: meditation, massage, yoga

Diet

Be Energized - Be Alkaline

1. Eat 75% alkaline food, 25% acid by volume daily
2. Eat Sunrider whole foods – all these foods balance out the body, spirulina is particularly good.
3. Chew your food well. Saliva is alkaline and you can produce 2 gallons a day
4. 3 times/day add 1-2 tbs. lemon juice to water
5. Add 2 tbs. of apple cider vinegar to water before meals

Tracking your pH: 4.5 – 6 = acidosis

Urine: morning 6.8 Evening 7.0 - 7.4

Saliva: morning 6.5 " " "

7.5 – 8 = alkalosis

Dependent upon stress & diet of last 12 hrs

" " " " " " " 5 days